

22. (Amended) A shaped knit, the knit produced by the steps of:

- C2*
cont
- a. knitting loops; and
 - b. knitting widening or narrowing loops at a plurality of discrete deformation regions distributed over the knit, the density of the deformation regions determining the degree of shaping of the knit.
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26. (Amended) A shaped knit according to claim 22, wherein said step b comprises the sub-steps of:

- C3*
- b1. knitting widening loops in first and second wales thereby splitting the first and second wales into, respectively, a first pair of wales and a second pair of wales; and
 - b2. recombining the first pair of wales and recombining the second pair of wales, and wherein the [second portion of the] knit includes a fully knitted wale between the first pair of wales and the second pair of wales.

27. (Amended) A shaped knit according to claim 22, wherein said shaped knit is formed by employing twin needles and selecting a first number of active needles for each twin needle employed to knit loops in step a and a second number of active needles for each twin needle employed to knit widening or narrowing loops in step b, and wherein the first number is different from the second number.

28. (Amended) A shaped knit according to claim 22, wherein said shaped knit is formed by employing a flat knitting machine with twin needles, wherein both needles of the twin needle are used for knitting the loops of step a and only one needle of the twin needle is used for knitting the widening or narrowing loops of step b.
